

WINTER 2015

DECEMBER • JANUARY • FEBRUARY



Branch Living

Formerly the Rec Scene



FARMERS
BRANCH

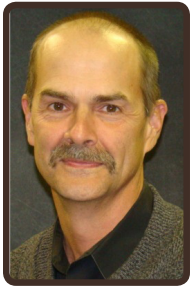


CONNECT WITH US



Welcome

Our Mission at the City of Farmers Branch is to build a vibrant, dynamic community that consistently seeks to improve the quality of life for our residents.



This is a wonderful time of year to experience all that Farmers Branch has to offer. We start the holiday season Friday, November 28 with our amazing Christmas Tour of Lights that runs through December 30. Our one-of-a-kind Christmas Tree Lighting Ceremony at the Historical Park is set for Saturday, December 6.

Many of our seasonal activities are held indoors, as well. The Community Recreation Center comes alive with holiday music, dance performances, class demonstrations, children's activities, and more at our Christmas Open House event Friday, December 5. The Recreation Center is hosting Flapjacks with Santa, Saturday, December 13. If you can't make it to one of our events to visit Santa, let us send Santa to you with our *Santa Makes House Calls* program!

Our family-friendly activities continue well into the new year. Our annual Daddy-Daughter Dance is set for Saturday, February 7. This very special event features live music, dancing, refreshments, a keepsake photo for each daddy-daughter couple, and an abundance of magical moments. See page 18 for additional information.

On behalf of the Farmers Branch Parks and Recreation Department, I wish you and your family a blessed holiday season.

Merry Christmas!

Jeff Harting,



Parks and Recreation Director



Farmers Branch City Council 2014-2015

First row (from left): Councilmember Ana Reyes, City Manager Gary D. Greer, Mayor Pro Tem Jeff Fuller

Second row (from left): Deputy Mayor Pro Tem Kirk Connally, Mayor Bob Phelps, Councilman Harold Froehlich, Councilman Ben Robinson



FARMERS BRANCH Community Recreation Center

14050 Heartside Place
Farmers Branch, Texas 75234

972.247.4607

www.fbreccenter.com

Facility Hours

Monday - Friday

6 am - 9 pm

Saturday

7 am - 5 pm

Sunday

1 pm - 4 pm

Holiday Hours

Christmas Eve

Closed

Christmas Day

Closed

New Year's Eve

Close at 5 pm

New Year's Day

Closed

FARMERS BRANCH Senior Center

14055 Dennis Lane
Farmers Branch, Texas 75234

972.241.8636

www.fbseiorcenter.com

Facility Hours

Monday - Wednesday

8 am - 8:45 pm

Thursday and Friday

8 am - 5 pm

Saturdays

1st, 3rd and 5th Saturday

1 pm - 5 pm

2nd & 4th Saturday

1 pm - 10 pm

Holiday Hours

Christmas Eve

Closed

Christmas Day

Closed

New Year's Eve

Close at 5 pm

New Year's Day

Closed



FARMERS BRANCH Aquatics Center

14032 Heartside Place
Farmers Branch, Texas 75234

972.247.4607

www.fbh2o.com

**Margaret Young
Natatorium**

Indoor Facility Hours
Spring 2015

Monday - Thursday

6 am - 8 pm

Friday

6 am - 5 pm

Saturday

7 am - 5 pm

Sunday

1 pm - 4 pm

Frog Pond

Outdoor Facility Hours
Memorial Day Weekend
through Labor Day

Monday - Friday

12 pm - 8 pm

Saturday

12 pm - 6 pm

Sunday

12 pm - 6 pm

FARMERS BRANCH Historical Park

2540 Farmers Branch Lane
Farmers Branch, Texas 75234

972.406.0184

www.fbhistoricalpark.com

Facility Hours

Monday - Friday

8 am - 6 pm

Saturday - Sunday

12 pm - 6 pm

Holiday Hours

Christmas Eve

Closed

Christmas Day

Closed

New Year's Day

Closed

Memberships

FARMERS BRANCH Community Recreation Center

RESIDENT BASIC MEMBERSHIP

\$10 per individual/annual

\$30 per family/annual

RESIDENT FITNESS MEMBERSHIP

\$15 per individual/continuous monthly draft*

\$30 per family/continuous monthly draft*

CORPORATE BASIC MEMBERSHIP

Must work in Farmers Branch

\$25 per individual/annual

\$40 per family/annual

CORPORATE FITNESS MEMBERSHIP

Must work in Farmers Branch

\$20.45 per individual/continuous monthly draft*

\$34 per family/continuous monthly draft*

NON-RESIDENT BASIC MEMBERSHIP

\$30 per individual/annual

\$45 per family/annual

NON-RESIDENT FITNESS MEMBERSHIPS

\$22.50 per individual/continuous monthly draft*

\$37.92 per family/continuous monthly draft*

BASIC MEMBERSHIP includes access to the indoor walking/running track, basketball courts, and teen room for ages 12-16. Age restrictions apply.

FITNESS MEMBERSHIP includes the basic membership plus access to the fitness area. Age restrictions apply.

FARMERS BRANCH Aquatics Center

RESIDENT FROG POND DAILY FEES (OUTDOOR)

Free 2 years and under

\$5 per resident 3 years and up

NON-RESIDENT FROG POND DAILY FEES (OUTDOOR)

Free 2 years and under

\$8 per non-resident 3 years and up

RESIDENT FROG POND SEASON PASS (OUTDOOR)

\$85 per individual/season

\$170 per family/season**

RESIDENT MARGARET YOUNG NATATORIUM DAILY FEES

Free 2 years and under

\$3 per resident 3 years and up

NON-RESIDENT MARGARET YOUNG NATATORIUM DAILY FEES

Free 2 years and under

\$5 per non-resident 3 years and up

RESIDENT MARGARET YOUNG NATATORIUM ANNUAL MEMBERSHIPS

\$90 per individual/annual

\$180 per family/annual**

\$50 per individual Senior (50+)/annual

RESIDENT INDIVIDUAL COMBINATION MEMBERSHIP

\$355 Fitness, Indoor, and Outdoor/annual

\$270 Fitness and Indoor/annual

\$265 Fitness and Outdoor/annual

\$175 Indoor and Outdoor/annual

RESIDENT FAMILY COMBINATION MEMBERSHIP**

\$710 Fitness, Indoor, & Outdoor/annual

\$540 Fitness and Indoor/annual

\$530 Fitness and Outdoor/annual

\$350 Indoor and Outdoor/annual

*Credit/debit cards or bank draft only. One-time basic member fee and prorated first month fees are due when registering.

**Family memberships and passes are currently available to Farmers Branch residents and valid for up to four immediate family members only. Additional family members are \$10 each. Immediate family members are defined as adult couples and their dependent children under 18 years of age; exception for full-time college students up to and including 22 years of age.

Residency is based on the address listed on a Texas State issued ID or Drivers License.

FARMERS BRANCH Senior Center

There is no membership fee. Facility users are required to complete a liability waiver and update contact information annually. Some programs, classes, and events require payment. Individuals 50 years and over are eligible to utilize the facility and participate in programs and classes.

Community Recreation Center

Class Registration

Residents and members may register for December, January, and February beginning November 8. Non-residents may register for classes one week prior to the start of a monthly session. Sessions begin the first business day of the month unless otherwise noted. Members of the Farmers Branch Community Recreation Center receive a discount on class fees.

Financial Assistance

Financial assistance is available to qualifying Farmers Branch residents. See staff for information on how to qualify. A maximum of \$100 per child (up to age 18), per fiscal year (October-September) may be received. Financial assistance is limited to one class per session, per child. Payment of 50 percent of class fee is due at time of registration.

HOLIDAY CRAZE

2014 - 2015 School Year

Holiday Craze is a recreational day-camp program operated by the Farmers Branch Parks and Recreation Department. Holiday Craze is open to children ages 6-12 years. The program meets from 7:30 am - 6 pm at the Farmers Branch Community Recreation Center on most non-federal school holidays in the Carrollton-Farmers Branch ISD. Registration for the winter and spring sessions is currently underway. Contact Recreation Center staff for a list of program dates.



Class Fees and Dates

All class fees are based on a four week session per month unless otherwise noted. Classes affected by holidays and other conflicts may be prorated. See instructor or front desk staff member for details.

The Recreation Center accepts cash, checks, Diner's Club, Discover, Mastercard, Visa, and Farmers Branch Community Recreation Center gift certificates as forms of payment.

Class Policies

Only registered participants may enter the activity area. Pre-registration is required for all classes. The enrollment minimum must be met for a class to make. Refunds are available only before a class has started and with approval. To request a refund, contact 972.247.4607. A credit may be issued in place of a refund.

Kids' Night Out

Kids' Night Out is offered December 20, 2014 and January 24, 2015. There are two time options: 4-9 pm and 5-9 pm. See below for cost of each Kids' Night Out session.

	<u>4-9 pm</u>	<u>5-9 pm</u>
First Child	\$25 Member \$29 Non-member	\$20 Member \$24 Non-member
Additional Child	\$15 Member \$19 Non-member	\$19 Member \$23 Non-member



Community Recreation Center

YOUTH

Basketball TECH

Cost: \$33 Member/\$37 Non-member per month

Ages: 7-12

Instructor: Bowmen Sports

This super-fun fast-paced clinic is designed for players of all skills and abilities. Program time focuses on dribbling, passing, shooting, and team play. This is a skill-based program which utilizes drills and games as a way to reinforce skills learned in class.

Thursday 6:30-7:30 pm

Little Sports

Cost: \$33 Member/\$37 Non-member per month

Ages: 4-6

Instructor: Grant Alexander

An exciting way for your child to learn the basics of t-ball, basketball, soccer, and more. Your child will enjoy this fun and non-competitive environment.

Thursday 5:30-6:15 pm

Red Tiger Karate

Cost: \$56 Member/\$60 Non-member per session

Ages: 5 and up

Instructor: Red Tiger Karate

Session: January 13-March 3

Learn American Karate in this white through black belt program that runs year round. The junior program develops self-esteem, positive behavior, academic achievement, and respect for others. In addition to practicing karate techniques, abduction prevention training and self-defense skills are integrated into the lessons.

Ages 5-7

Tuesday 6-7 pm

Ages 8-13

Tuesday 7-8 pm

Preschool Math & Science Explorers

Cost: \$30 Member/\$34 Non-member per month

Ages: 3-5

Instructor: Stephenie Brewer

Preschoolers will use exciting hands-on activities to learn mathematical and science concepts such as counting, sorting, and measuring patterns.

Tuesday 9:15-10 am

Preschool Art and Literacy Fun

Cost: \$30 Member/\$34 Non-member per month

Ages: 3-5

Instructor: Stephenie Brewer

Preschoolers will create simple art projects based on literature explored in class.

Tuesday 10:15-11 am

Tammy's Treehouse

Cost: \$60 Member/\$64 Non-member per month

Ages: 3-5

Instructor: Tammy Bruner

Want to have a Mother's Day Out without paying high Mother's Day Out prices? Tammy's Treehouse is the perfect solution. Your child will enjoy storytime, outside play in the enclosed pre-school play yard (weather permitting), crafts, and music.

Friday 10 am-12 pm

DID YOU KNOW?

The City offers financial assistance to qualifying Farmers Branch residents for youth classes, programs, and supplies. Supplies include athletic gear for school, leagues, etc, and fine art supplies for school, programs, and classes.

See front desk staff for details.

Community Recreation Center

Josey's Stretch, Leaps, and Turns **NEW!**

Cost: \$35 Member/\$39 Non-member per month

Ages: 5-12

Instructor: Josey Benavidez

This class is for students who want to learn intermediate and advance styles of leaps and turns. This includes learning various leap and turn combinations, bar work, and floor exercises. Because of the strenuous movement, each class will begin with a 10-15 minute stretch to help prevent injury.

Saturday 9-9:45 am

Attire: Please wear comfortable dance clothes and jazz shoes.

Josey's Creative Movement Dance

Cost: \$25 Member/\$29 Non-member per month

Ages: 2-5

Instructor: Josey Benavidez

This class is perfect for allowing little ones to get in touch with their creativity and flexibility through the introduction of basic dance movements.

Saturday 10-10:30 am

Attire: Please wear comfortable dance clothes and jazz shoes.

Rhythm in Motion by Amy

Cost: \$40 Member/\$44 Non-member per month

Ages: 3-10

Instructor: Amy Zercher

Classes will focus on age appropriate technical skills involving basic and intermediate Ballet, Tap, Hip-Hop and Jazz. Amy is a graduate of Texas Woman's University with a Bachelor of Arts in Music and Minor in Dance Performance.

Pre-School Ballet & Tap

Ages 3-5

Wednesdays 5:30-6:15 pm

Saturdays 10-10:45 am

Saturdays 10:45-11:15 am

Ballet & Tap

Ages 6-10

Wednesdays 6:15-7 pm

Saturdays 11:30-12:15 pm

Attire: Leotard, tights, and dance shoes are recommended.

Recital: Spring and Winter recital information will be provided by Amy during class.

Samantha's Footnotes

Cost: \$20 Member/\$24 Non-member per month

Ages: 3-10

Instructor: Samantha Young

Join Samantha Young as she offers dance classes for all ages and levels! Samantha's classes concentrate on teaching ballet and tap in a fun way that creates beautiful movement. **Stay up to date on everything Miss Samantha is doing in her classes visit: sites.google.com/site/samanthasfootnotes/**

Little Dancers Ballet & Tap

Ages 3-4

Monday 9-9:45 am

Beginner Ballet & Tap

Ages 4-7

Tuesday 4-4:45 pm

Intermediate Ballet

Ages 8-12

Tuesday 4:45-5:30 pm

Attire: Leotard, tights, ballet shoes, and tap shoes are recommended. A black leotard with sleeves and tights are required for the recital.

Recital: Spring and Winter recital information will be provided by Samantha during class.



Community Recreation Center

Gymnastics

Participants will experience the fun-filled world of gymnastics and develop the fundamentals of gymnastics on the balance beam, bars, floor, trampoline, and Tumble-Trak. Gymnasts will work their way up through the levels in a non-competitive learning environment.

Gayle Shank's classes are taught by qualified instructors under her supervision to help provide the best possible recreational gymnastics experience for your child. All classes are held in the Recreational Gymnastics Gym and children must be registered before entering the gymnasium. Space is limited. Please pre-register for classes. All children must be enrolled to attend. A child may have one make-up class due to illness, per session. Students wanting to take a trial class must make an appointment with the instructor prior to attending class and must be accompanied by a parent. Please wear long hair in a ponytail, no jewelry, no jeans/clothing with snaps, and no gum. A leotard is the preferred attire.

YOUTH

Class Name	Day	Time	Age	Member	Non-Member
Parent Tot Tumblers	T	11:15-12:00 pm	18m-5	\$24	\$28
Kindergym	M	4:00-4:45 pm	4-6	\$24	\$28
	T	5:45-6:30 pm	4-6	\$24	\$28
	W	4:00-4:45 pm	4-6	\$24	\$28
Int./Adv. Tumbling	M	6:45-7:45 pm	5-16	\$28	\$32
Level 1	M	4:45-5:45 pm	5-16	\$28	\$32
	T	4:45-5:45 pm	5-16	\$28	\$32
	W	4:45-5:45 pm	5-16	\$28	\$32
Level 2	M	4:45-5:45 pm	5-16	\$28	\$32
	W	5:45-6:45 pm	5-16	\$28	\$32
Level 3	M	5:45-6:45 pm	5-16	\$28	\$32
Level 3-4	T	6:30-7:30 pm	5-16	\$28	\$32
	W	4:45-5:45 pm	5-16	\$28	\$32
Level 4	W	6:45-7:45 pm	5-16	\$28	\$32
Level 4-5	M	6:30-7:30 pm	5-16	\$28	\$32
Level 5-6	W	6:30-7:30 pm	5-16	\$28	\$32
Level 6	M	6:00-8:00 pm	5-16	\$52	\$56
PS Level 1	M	5:45-6:30 pm	2.5-5	\$24	\$28
	T	10:30-11:15 am	2.5-5	\$24	\$28
	F	9:15-10:00 am	2.5-5	\$24	\$28
PS Level 1-2	W	5:45-6:30 pm	2.5-5	\$24	\$28
PS Level 2	T	9:00-9:45 am	2.5-5	\$24	\$28
	F	10:00-10:45 am	2.5-5	\$24	\$28
PS Level 2-3	M	5:15-6:00 pm	2.5-5	\$24	\$28
PS Level 3	T	9:45-10:30 am	2.5-5	\$24	\$28
	F	10:45-11:30 am	2.5-5	\$24	\$28
PS Level 4	F	11:30-12:15 pm	2.5-5	\$24	\$28

REGISTRATION DATES		
SESSION	CLASS DATES	NON-RESIDENTS
Session 1	December 1-19	November 29
Session 2	January 5-30	December 27
Session 3	February 2-27	January 24
Residents and members can register beginning November 8 for all sessions		

Level 1	Recreational Gymnastics
Level 2	Recreational Gymnastics Pre-requisite: Level 1 and instructor approval
Level 3	Recreational Gymnastics Pre-requisite: Level 2 and instructor approval
Level 4	Recreational Gymnastics Pre-requisite: Level 3 and instructor approval
Level 5	Recreational Gymnastics Pre-requisite: Level 4 and instructor approval
Level 6	Recreational Gymnastics Pre-requisite: Level 5 and instructor approval
PS Level 1	Pre-school Gymnastics Level 1;
PS Level 2	Pre-school Gymnastics Level 2; Instructor approval required
PS Level 2-3	Pre-school Gymnastics Level 2-3; Instructor approval required
PS Level 3	Pre-school Gymnastics Level 3; Instructor approval required
PS Level 4	Pre-school Gymnastics Level 4; Instructor approval required
Kindergym	Pre-school Gymnastics Level 4 or Level 1; Instructor approval required



Kids' Night Out
See page 5
for information.

Community Recreation Center

The Vary 8 Method: A Cutting-Edge Approach to Boot Camp

Cost: \$125-\$180 Member/\$129-\$184 Non-member per session*

Ages: 18 and up

Instructor: Meghan Henderson and Jill Hailey

Session: January 5-February 27

This innovative eight-week program uses fitness formats including trending in the world of fitness, incorporating elements of boot camp, kickboxing, tabata, pilates, strength training, HIIT, dance, barre method, and more. These unique classes will keep workouts fresh and delivering results. No two classes are ever the same. Workouts are appropriate for all fitness levels.

Mon/Wed/Fri 6-7 am

\$150 Member/\$154 Non-member

Tues/Thurs 9:30-10:30 am

\$125 Member/\$129 Non-member

Mon/Tues/Thurs 8-9 pm

\$150 Member/\$154 Non-member

*5 classes per week \$180/\$184 per session

Spartan Advance

Cost: \$60 Member/\$64 Non-member per month

Ages: 18 and up

Instructor: Grant Alexander

Join trainer Grant Alexander as you build a leaner physique through a high intensity strength training program that focuses on functional and dynamic mobility.

Mon/Wed/Fri 6-7 am

Spin

Cost: \$45 Member/\$49 Non-member per month

Ages: 15 and up

Instructor: Margie Marshall

This indoor cycling class offers a non-impact, highly effective way to build cardiovascular strength and endurance. Designed for all fitness levels,

Tues/Thurs 6:30-7:30 pm

Saturday 9:00-9:30 am

Callahan Strong Group Training

Cost: \$145 Member/\$149 Non-member per month

Ages: 16 and up

Instructor: Sean Callahan

Sean's small-group training provides the dynamics of group fitness but the specification and attention to detail of personal training at a fraction of the cost.

Mon/Tues/Thurs 6:45-7:45 pm

Sweatshop

Cost: \$55 Member/\$59 Non-member

Ages: 15 and up

Instructor: Traci Williams

Interval-styled training that emphasizes building strength and endurance. A functional movement, co-ed class that will help you shed pounds in a high energy, collaborative environment. The use of body weight, HIIT, plyometrics, weight conditioning, and the big tire will keep you always guessing and having fun. All fitness levels welcome.

Mon/Wed/Thurs 6:30-7:30 pm

Tues/Thurs/Fri 8:30-9:30 am

Saturday 8:00-9:00 am

Conditioning 101

Cost: \$45 Member/\$49 Non-member

Ages: 18 and up

Instructor: Margie Marshall

Not quite ready for boot camp, but ready to get your body moving? This basic conditioning class will help improve flexibility, range of motion, and demonstrate proper exercise techniques.

Tues/Thurs 8:15-9:15 am

Cardio and Sculpt

Cost: \$30 Member/\$34 Non-member per month

Ages: 15 and up

Instructor: Brenda Swartz

Sculpt your hips, thighs, abdomen, and upper body with a variety of aerobics, weights, floor work, and yoga like stretching. All fitness levels welcome.

Mon/Tues/Thurs 6:30-7:30 pm

ADULT

Community Recreation Center

Moderate Hatha Yoga

Cost: \$25-\$55 Member/\$29-\$59 Non-member per month*

Ages: 15 and up

Instructor: Christine Chisum

Develop strength and flexibility while finding relaxation and balance of mind and body. This is an active yoga class for all levels. This class explores basic to advanced poses.

Monday 5:30-6:30 pm
Wednesday 9:30-10:30 am
Wednesday 7:30-8:30 pm
Friday 9:30-10:30 am

1 x week \$25 Member/\$29 Non-member *
2 x week \$45 Member/\$49 Non-member *
3 x week \$55 Member/\$59 Non-member *

Walking Yoga

Cost: \$9 Member/\$13 Non-member per month

Ages: 15 and up

Instructor: Christine Chisum

The first Saturday of each month, join Christine and practice relaxing yoga techniques surrounded by the beautiful Farmers Branch landscape and nature. Class begins at Gussie Field Watterworth Park and continues through the walking trails and rose garden. Gussie Fields Watterworth Park is located at 2610 Valley View Ln.

Dec 6/Jan 3/Feb 7 9-10 am
(Weather permitting)

Yoga Hatha & Ausara

Cost: \$25 Member/\$29 Non-member per month

Ages: 18 and up

Instructor: Joanna Jordan

Yoga helps with relaxation, flexibility, strengthening muscles, body circulation, and balance.

Tuesday 8:15-9:15 am

Move Into Fitness 50+

Cost: \$32 Member/\$36 Non-member per month

Ages: 50 and up

Instructor: Kristen Miller

Participants 50 and up will have fun and learn about exercise routines including flexibility, strength and cardiovascular exercises. This class will leave participants feeling stronger, refreshed, and motivated.

Tues/Thurs 10:30-11:30 am

Red Tiger Karate

Cost: \$56 Member/\$60 Non-member per session

Ages: 13 and up

Instructor: Red Tiger Karate

Session: January 13-March 3

Classes focus on street self defense, fitness, and personal development.

Adult and Teen Tuesday 8-9 pm

Zumba Fitness

Cost: \$20-\$40 Member/\$24-\$44 Non-member per month*

Ages: 15 and up

Instructor: Rut Chavez-Ibarra

Dance your way to fitness! Zumba is a fusion of Latin and international music that includes dance movements of meringue, salsa, cumbia, reggaeton, hip hop and more. You don't have to know how to dance to Zumba!

Mon/Wed/Thurs 6:30-7:30 pm

1 x week \$20 Member/\$24 Non-member *
2 x week \$30 Member/\$34 Non-member *
3 x week \$40 Member/\$44 Non-member *

Water Aerobics

Cost: See below

Ages: 18 and up

Instructor: Class-Hydro Health and Ann Ellis

Energize and maximize your health while having fun! Eliminate those extra pounds while helping your knees, hip, and back. Increase your flexibility, range of motion, lean body mass, and metabolic rate with water exercise. Classes are held at the CFBISD Natatorium, 1334 Valwood, next to Standridge Stadium. **Prices per month are based on Monday, Wednesday, and Friday or Fridays only.**

Mon/Wed/Fri 11:30 am-12:30 pm

Mon/Wed/Fri December \$27 Member/\$31 Non-member
Mon/Wed/Fri January \$30 Member/\$34 Non-member
Mon/Wed/Fri February \$36 Member/\$40 Non-member

Friday December \$9 Member/\$13 Non-member
Friday January \$12 Member/\$16 Non-member
Friday February \$12 Member/\$16 Non-member

No Class December 22 - January 5 and January 19

Community Recreation Center

Winter Fitness Calender

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CONDITIONING 101		8:15-9:15 am G		8:15-9:15 am G		
SWEATSHOP	6:30-7:30 pm G	8:30-9:30 am G	6:30-7:30 am G	8:30-9:30 am 6:30-7:30 pm G	8:30-9:30 am S	8-9 am S
SPARTAN ADVANCE	6-7 am G		6-7 am G		6-7 am G	
THE VARY 8 METHOD	6-7 am 8-9 pm S	9:30-10:30 am 8-9 pm S	6-7 AM S	9:30-10:30 am 8-9pm S	6-7 am S	
CALLAHAN STRONG GROUP	6:45-7:45 pm U	6:45-7:45 pm U		6:45-7:45 pm U		
SPIN		6:30-7:30 pm B		6:30-7:30 pm B		9-9:30 am B
ZUMBA	6:30-7:30 pm S		6:30-7:30 pm S	6:30-7:30 pm M		
WALKING YOGA (1ST SATURDAY OF EACH MONTH)						9-10 am Gussie Field
MODERATE HATHA YOGA	5:30-6:30 pm S		9:30-10:30 am 7:30-8:30 pm S		9:30-10:30 am S	
YOGA HATHA & AUSARA		8:15-9:15 am S				
CARDIO & SCULPT	6:30-7:30 pm M	6:30-7:30 pm S		6:30-7:30 pm S		
MOVE INTO FITNESS 50+		10:30-11:30 am S		10:30-11:30 am S		
WATER AEROBICS	11:30-12:30 pm CFBISD Natatorium		11:30-12:30 pm CFBISD Natatorium		11:30-12:30 pm CFBISD Natatorium	
ADULT & TEEN KARATE		8-9 pm G				
VOLLEYBALL				9:30-11:30 am G	7:30-9 pm* G	
PICKLEBALL	1-4 pm G				10:30-12:30 pm G	

M=Mesquite Room S= Studio B =Bike G=Gym 2 U=Upstairs

10 LAPS AROUND THE INDOOR TRACK = 1 MILE

*Second and fourth Friday-subject to change. Call 972.247.4607 for details.

ADULT

Community Recreation Center

PERSONAL TRAINING

Community Recreation Center members may choose to have individualized training to meet their fitness goals. Each personal trainer will provide members with a personalized exercise regimen that promotes a healthier lifestyle and delivers results. Personal training sessions are \$50 per hour. Discounts are given when training session packages are purchased. Call staff at 972.247.4607 for more information. Our personal trainers are:

Cynthia Fritz
972.922.3482
cynthia@seniorstylefitness.com
www.seniorstylefitness.wordpress.com



Sean Callahan
214.300.9301
Callahan03@gmail.com
www.callahanstrong.com
Facebook.com/callahanstrong

Kristin Miller
214.354.8053
workoutwithkristin@yahoo.com

Grant Alexander
469.964.2764
alexanderthegrant@yahoo.com

Thai Massage

Thai massage is different from the traditional deep tissue massage in that it's performed without the use of oils and clients are comfortably dressed (typically in athletic shorts and a t-shirt). Thai massage incorporates the use of hands, thumbs, elbows, forearms, knees, and feet to manipulate various body zones with acupressure, deep muscle compression, yoga, stretching, joint mobilization, and reflexology. Reported benefits of Thai Massage include improved circulation, flexibility and muscle tone, tension relief, and aiding the body's detoxification process. Fees for a 60-minute session are \$75 members/\$79 non-members. Call the Farmers Branch Recreation Center for more information or to schedule your appointment. We also sell gift certificates.

New Equipment

New fitness equipment is coming soon! We will be replacing our recumbent and upright bikes with newer, more user-friendly models. We are also adding a SciFit Pro2 Total Body Exerciser and two Adaptive Motion Trainers which will replace two ellipticals. Additionally, we're adding a Premier Half Cage which functions as a squat rack and features a landmine attachment, pull up handles, and other pieces to enhance your workout. See a staff member for additional information.

Adaptive Motion Trainer



Half Cage
(Squat Rack)



Total Body Exerciser



Senior Center

Exercise classes for all fitness levels are available Farmers Branch Senior Center! Anyone using the fitness room must attend a fitness orientation. Orientations are available Tuesdays at 11 am. Appointments are required and should be made by calling the front desk 24 hours in advance at 972.241.8636.

Level 1 = Beginner or those with limitations

Level 2 = Intermediate

Level 3 = Advanced

Sit and Get Fit

Cost: Free

Ages: 50 and up

Level: 1

This beginner exercise class can be done from a chair and focuses on conditioning and improving strength, balance and flexibility.

Tuesday 3-4 pm

Thursday 11 am-12 pm

Strong and Balanced

Cost: Free

Ages: 50 and up

Level: 1

Gentle exercise program focuses on improving balance, bone density, and confidence with no floor exercises. Each class ends with relaxation and breathing exercises.

Tuesday 10-11 am

Thursday 3-4 pm

Stretch and Strength

Cost: Free

Ages: 50 and up

Level: 2 and 3

Class consists of stretching, toning, weight training, and yoga. This fun and motivating class helps increase strength and flexibility.

Monday 8:15-9 am

Wednesday 7-7:30 pm

Thinkabilities

Cost: Free

Ages: 50 and up

Level: All

This class uses fun exercises like puzzles, games, and memory challenges to boost brain power. Learn about enhancing your internal aids to strengthen memory retention.

Monday 9:15-10 am

Power Walking

Cost: Free

Ages: 50 and up

Level: All

Walk to motivating music in the multi-purpose room using weights, stretch bands, and various arm and leg movements to challenge you. Participants will build cardiovascular strength and bone density.

Tuesday 8:15-9 am

Friday 8:15-9 am

Chair Zumba

Cost: Free

Ages: 50 and up

Level: 2 & 3

3rd Monday; 45-minute high-energy class includes the use of a chair as a prop for exercise.

Wednesday 10-10:45 am

Not Your Mama's Exercise

Cost: Free

Ages: 50 and up

Level: 2 and 3

Aerobics with strength and balance training using bands, weights, and balls. Some floor work at the end of class.

Wednesday 6-6:45 pm

Yoga

Cost: Free

Ages: 50 and up

Level: All

Strengthen muscles and improve balance and flexibility. Learn to focus and relax in this 45-minute class. Learn this ancient practice that suits every fitness level.

Tuesday 9-9:30 am

Friday 9-9:30 am



Senior Center

Monthly Breakfast

First Monday of each month
Cost: \$2

The Senior Advisory Board hosts breakfast from 8:15 to 9 am. Sausage, gravy, eggs, juice, and coffee are on the menu.

Birthday Lunch

Third Wednesday of each month
Cost: \$2 or free if it's your birthday month!

Enjoy good food and a birthday celebration from 12 to 1 pm. Birthday cake is provided by Emeritus at Farmers Branch. Gifts provided by United Financial Services.

Monday Night Dances

Every Monday*
Cost: \$5
7-9:30 pm

Monday Night Dances feature live music, refreshments, dancing, and memories! Dances are coordinated and hosted by the Farmers Branch Dance Club. Free dance lessons are offered from 6-7 pm with paid admission

*Unless otherwise noted.

12 Days of Healthy Holidays

December 8-23
Cost: Free

Each weekday pick up your Healthy Holiday card. The last day, December 23 a White Elephant gift exchange will be held at 1 pm. Refreshments will be served. For more information and registration, contact the front desk.

Adventure iFly

December 13
Cost: \$55
1-5 pm

Thrill seekers are invited to join us for an indoor skydiving experience when we visit iFly in Frisco. Cost includes admission, three "flights," helmet and suit rental, photo, and transportation. Bus departs Senior Center at 1 pm and returns at 5 pm. Register by December 5.

Jingle All The Way Christmas Party

December 11
Cost: Free (Ticket Required)
7 pm

Celebrate the season with the Brookhaven Bell Choir. Enjoy warm drinks and hot canapés with friends. Don't miss out. Pick up your free ticket at the front desk.

Valentine Tea

February 13
Cost: \$5 (Ticket Required)
1 pm

Don your fancy hat and gloves for an afternoon of Victorian elegance and tea. Farmers Branch residents may purchase tickets starting January 16. Non-residents may purchase tickets starting January 23.

Protect What You've Worked For Seminar & Dinner

January 28
Cost: Free; Register by January 23
6-8 pm

You've worked hard to provide for your family. Whether you're approaching retirement or recently retired, your focus may begin to shift from building your financial foundation to protecting the financial resources you've created for you and your family. This informative seminar shares proactive ways to address key risks you may encounter and strategies to help prepare for the unexpected.

Sponsored by Carol Holguin Financial Advisor for Edward Jones.



Aquatics Center

HOURS

INDOOR POOL

Spring 2015

Days and Hours

Monday – Friday	6 am – 8 pm
Saturday	7 am – 5 pm
Sunday	1 pm – 4 pm

OUTDOOR POOL

Memorial Day Weekend through Labor Day

Days and Hours

Monday - Friday	12 pm – 8 pm
Saturday	12 pm – 6 pm
Sunday	12 pm – 6 pm

Hours subject to change during holidays

Rentals Available!



FARMERS BRANCH
aquatics center

14032 Heartside Place
Farmers Branch, TX 75234

972.247.4607

For news and updates visit
www.fbh2o.com

FEES

INDOOR

Daily Entrance Fees

2 and Under	Free	
3 and Older	\$3 Residents	\$5 Non-residents
10 Swim Punch Cards	\$40	

Annual Indoor Membership (Residents Only)

Individual	\$90
Family	\$180
Senior Individual (50 years and over)	\$50

OUTDOOR

Daily Entrance Fees

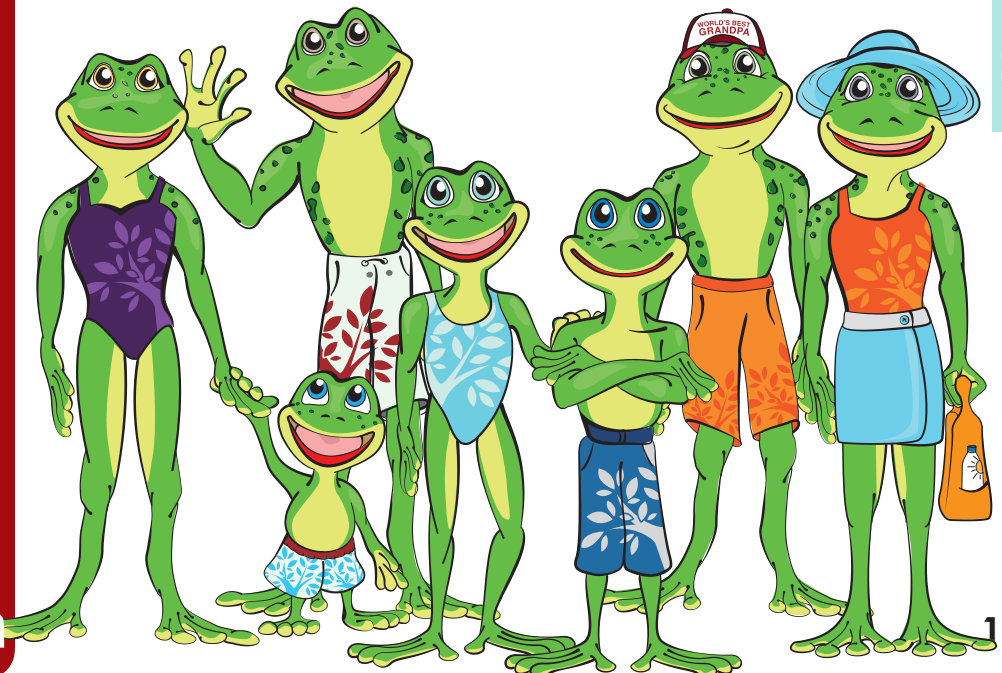
2 and Under	Free	
3 and Older	\$5 Residents	\$8 Non-residents
10 Swim Punch Cards	\$65	

Season Passes (Residents Only)

Individual	\$85
Family	\$170 per family*
Additional Family	\$10 per each additional family member*

*Restrictions and limitations apply. Refer to page 4 for details.

Not sure what to get your family for Christmas? The Aquatics Center can help! Stop by the Community Recreation Center to purchase memberships and season passes for you and your family. The first 150 aquatic memberships and passes will include a free gift! Memberships and season passes are available for purchase beginning December 1.



Athletics

Farmers Branch Parks and Recreation co-sponsors a variety of youth and adult sports leagues. For information regarding these leagues contact the league representative listed below.

Field Conditions Hotline: 972.919.1455 and Twitter @fbtxsport. For additional information, contact the Athletic Coordinator at 972.919.8755.

Youth Leagues

Youth Volleyball

Carrollton Athletics
972.466.9833
www.cityofcarrollton/athletics.com

CFB In-line Hockey League

Tony Martin
469.464.7791
www.leaguelineup.com/cfbhockey

Farmers Branch Barracudas Swim Team

Roger McDaniel
469.422.5811
www.farmersbranchbarracudas.com

CFB Baseball & T-Ball League

Angie McDaniel
972.754.1469
www.cfbbba.com

Youth Basketball

Carrollton Athletics
972.466.9833
www.cityofcarrollton/athletics.com

CFB Girls' Softball League

Scott Larkin
president@cfbgirlssoftball.com
www.cfbgirlssoftball.com

Farmers Branch Football & Cheerleading Association

Laura Juarez
469.569.5008
www.leaguelineup.com/fbyfca

CFB Soccer Association

Soccer Office
972.245.9307
www.cfbsoccer.net

Adult Leagues

Adult Softball League

27 Seventeen Sports
www.quickscores.com/fbsoftball
27seventeensports@gmail.com
972.999.7180

Mustangs Vintage Base Ball

Historical Park
972.406.0184

Adult Flag Football League **NEW!**

Mixed Breed Football
www.mixedbreedfootball.com
214.714.2961

Senior Softball

Don Couch
972.416.6039

Open Volleyball

Margaret Young
972.247.0634

NEW: Adult Flag Football League

8-Man and 5-Man Recreation and Couch Divisions offered Winter through Spring.

Tuesday Evenings

8-Man

\$365 per season

Seasons Dates

January 6-February 24
March 3-April 28
May 12-June 30

8-Man League Commissioner
Jeff Hartsfield
214.714.2961



Thursday Evenings

5-Man

\$265 per season

Season Dates

January 8-February 12
February 19-March 19
April 4-May 7
May 21-June 26

5-Man League Commissioner
Roddreick Richardson
469.744.8429

Rentals: Parties, Meetings, Weddings, and more!

Community Recreation Center

The Farmers Branch Community Recreation Center offers rental space for a variety of events. Whether you are planning a wedding reception, baby shower, birthday party, corporate function, or anything in between the Recreation Center can meet your needs. Amenities include audio-visual equipment, tables and chairs, a warming kitchen and more. Theme parties for children include art, gymnastics, dance, and sports. For additional information, contact the Recreation Center at 972.247.4607.

Park Pavilions

Farmers Branch has two park pavilions available for events. Rentals at the Farmers Branch Park Pavilion include the pavilion area with eight picnic tables and two large grills. Playground equipment, park space, and restrooms are open to the public. There is a \$30 refundable deposit. Rental fees are \$15/hour for Farmers Branch residents and businesses and \$20/hour for non-residents. Two-hour minimum applies. Rentals at the Gussie Field Watterworth Park Pavillion include the pavilion area with 11 picnic tables and two large grills. Playground equipment, park space, basketball courts, tennis courts, and restrooms are open to the public. There is a \$100 refundable deposit. Rental fees are \$25/hour for Farmers Branch residents and businesses, and \$35/hour for non-residents. Four-hour minimum applies. For additional information, contact the Parks and Recreation Department at 972.919.2620.

Rose Garden at Gussie Field Watterworth Park

The Rose Garden at Gussie Field Watterworth Park is operated by the City of Farmers Branch as a division of the Parks and Recreation Department. Due to the changing nature of the garden the City is not able to guarantee or predict when the roses are in bloom. In planning your function, we hope you will explore the beautiful garden and have a most successful wedding, reception, luncheon, tea, or party.

We encourage rental activities that are consistent with the variety and beauty of the site. Rental of the garden includes electricity and a beautiful setting to create your unique event. All rentals at the garden are of a non-exclusive nature rental of the garden does not mean exclusive use of the entire garden area or surrounding park areas. For additional information regarding rental rates and regulations, contact the Parks and Recreation Department at 972.919.2620.

Historical Park

The Historical Park is a wildly-popular wedding and reception venue. The Park is also a frequently-used site for engagement and family photos. Facilities available to rent are the 1890's Church, 1937 Dodson House, Gazebo, Rose Garden within the Historical Park, and the site grounds. There are different rental package options. Fees vary depending on package and residency status. For additional information, contact the Historical Park at 972.406.0184.

Coming Soon...

Pavilion rentals at the Aquatics Center

Special Events

CHRISTMAS TOUR OF LIGHTS

November 28-December 30
(Except December 6th and Christmas Day)
6:30-9:30 pm
Begins at Valley View Lane and I-35E
Free admission
Donations accepted

The Tour of Lights is a drive-thru animated display that will amaze you with over 500,000 twinkling lights. You'll travel through a variety of different scenes, each with their own theme, from fantasy to patriotic. There's festive holiday music and the grand finale is our animated show in the Farmers Branch Historical Park with Santa Claus himself. Be sure to add the Christmas Tour of Lights to your holiday schedule. It's sure to be a treasured holiday tradition for your family!

CHRISTMAS TREE LIGHTING

Saturday, December 6
6:30 pm
Historical Park
Free admission

Celebrate the season with the annual Farmers Branch Christmas Tree Lighting. Visit with Santa, view a spectacular holiday fireworks show, slide down a real snow tubing hill, and warm up with free hot chocolate and holiday treats. Activities will begin after lighting the tree at 7 pm.

CHRISTMAS OPEN HOUSE

HAPPY 50TH BIRTHDAY, RUDOLPH
December 5
6:30-8:30 pm
Community Recreation Center
Free admission

Enjoy a visit with Santa, crafts, entertainment, strolling carollers, fitness equipment demonstrations, cookies and punch.

FLAPJACKS WITH SANTA

December 13
9-11 am
Community Recreation Center
\$3 Member/\$5 Non-member
Register by December 12.

Join the jolly ol' man himself for a "Frozen" themed breakfast, arts and crafts, and more!

SANTA MAKES HOUSE CALLS

December 12-24
6:30-9 pm
\$25 Member/\$29 Non-member

Santa will visits to your home to deliver gifts to your children (gifts provided in advance by parents). Limited time slots available so today. Visits are 15 minutes long and Santa enters through the front door. Timeslots range from 6:30-9 pm. Limited to five mile radius of Farmers Branch Community Recreation Center. Please call 972.247.4607 to reserve your timeslot. Non-resident reservations begin November 29.

BLACKSMITHING DEMONSTRATIONS

December 13 and December 14
12:30-3 pm
Historical Park
Free admission

Live demonstrations of historic blacksmithing in the Log Culture Area of the Historical Park.

LANDSCAPING WITH ROSES

Winter Class Series
January 13 - February 17
7 pm
Community Recreation Center
Pre-register by calling 972.247.4607

Each Tuesday from January 13 through February 17 learn more about roses. For more information, contact Pam Smith at 972.919.2625. Registration required.

DADDY DAUGHTER DANCE

February 7
6-8 pm
Community Recreation Center
Advance tickets (through February 5)
\$5/Resident and \$8/Non-resident per person
\$10/person at the door per person

Dads and their daughters are in for a sweet treat! Dance the night away, enjoy refreshments, and receive a keepsake photo. All ages welcome. Dads and daughters only.



Parks



City in a Park

	Acres	Rec Center	Ball Fields	Basketball	Exercise Course	Playground	Soccer Fields	Tennis	Drink Fountain	Lake	Picnic Area	Restrooms	Football Field	Jog/Walk Path	Horseshoes	Benches	Landscape	Undeveloped	Museum	Creek	Grills	Shelter	Rose Garden	Shuffleboard	Skate Park	Petaneque	Roller Hockey
Alpha Rd Mini Park • 4009 Alpha Rd	0.30																	•									
Bicentennial Park • 4551 Spring Valley Rd	0.50																	•									
Bill Cox Memorial Park • 13500 Dennis Lane	5.00						•		•				•														
Chapel View Plaza • 3062 Valley View Lane	0.23																•	•									
Creek Ridge Park • 12696 Webb Chapel	3.00																		•		•						
Denton Rd Mini Park • 12611 Denton Road	0.50																		•								
Don Showman Park • 14032 Heartside Place	10.0	•	•	•			•			•		•	•	•	•		•	•					•		•		
Dutch Village Park • 3020 Old North	1.40			•			•			•		•					•				•	•	•				
Farmers Branch Park • 13985 Dennis Lane	14.0		•				•	•		•		•	•	•	•		•				•	•					
Ford Road Park • 12490 Ford Road	3.00																	•		•			•				
Gussie Field Watterworth Park • 2610 Valley View Ln	12.0			•			•		•	•	•	•	•	•	•	•	•	•			•	•	•	•	•	•	
Historical Park • 2540 Farmers Branch Lane	27.0									•		•	•		•	•	•		•		•	•					
Holiday Park • 4045 Valley View Lane	5.00																•		•				•				
Jaycee Park • 14229 Dennis Lane	4.30		•	•			•			•		•	•		•	•	•				•		•				
John Burke Nature Preserve • 1199 Valley View Ln	104										•				•		•				•						
Kerr Park • 13226 Kerr Trail	1.50			•			•		•	•					•		•	•					•				
Liberty Plaza • 12400 N. Stemmons Freeway	2.50														•		•	•			•		•				
Mallon Park • 2840 Millwood Drive	4.00						•			•	•	•			•		•	•			•		•				
Morningstar Park • 3600 Morningstar Lane	1.30						•			•		•					•	•			•	•	•				
Mustang Trails Park • 3200 Valley View Lane	2.30																	•			•						
Oakbrook/Ken Rymer Park • 3550 Oakbrook Pkwy	10.0									•	•				•		•	•									
Oran Good Park • 13411 Dennis Lane	10.0		•				•		•	•		•	•		•		•	•			•	•	•	•		•	
Pepper Park • 13301 Dennis Lane	4.00		•					•		•		•	•				•				•						
Rawhide Park • 13701 Rawhide Pkwy	20.0				•	•				•					•		•	•			•		•				
Squire Park • 2560 Squire Place	1.50			•			•			•		•					•	•				•	•	•			
Temple Trails Park • 12800 Templeton Trail	6.40						•		•	•		•			•		•				•	•					
Webb Chapel Mini Park • 14425 Webb Chapel	0.20																•	•				•					
Winn Park • 13880 Midway Road	5.00								•	•	•			•			•	•									

***Don Showman Park is currently under construction

Save the Date

Date Night in the Park

Saturday, April 18



www.farmersbranchtx.gov